



# Fredericton and District Chapter Newsletter

Fall Issue

August 1st, 2011

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### Fredericton Chapter Officers

**President-** Ferne Oliver  
**Vice Pres.-** Vacant  
**Treasurer-** Don Savoie  
**Secretary-** Erin Oliver

**Past Pres.-** Judy Woods  
**Program-** Doris McKnight and Kathy Eslinger, RNET  
**Visit Coordinator-** Judy Woods  
**Visitor Trainer-** Sally Wells  
**Appliances-** Daphne Stafford and Lisa Elliot



Need ostomy advice or information?

Call the helpline anytime at: (506) 459-6781

### Reminder:

Don't forget to pay your dues if you haven't done so yet this year.



## Happy 35th Anniversary Fredericton and District Chapter!

The Fredericton and District Ostomy Chapter is proud to announce that it is celebrating 35 years as a well established support group. The Chapter started in September of 1976 when Dr. H. McSween, considered our "founding father", saw the need for an ostomy support group in the Fredericton area. There are three original founding members left within our group, one of those being Judy Woods who is still very active within the Chapter and is the Committee Chair for our anniversary celebrations. Our Chapter has not only been involved on a regional level, but nationally as well, taking part as board members and supporting children with ostomies who have gone to the youth camp in Alberta.

Many members have come and gone, but what remains is the amazing support and friendship that comes from a group of both young and well seasoned individuals. Not only have those with ostomies joined our group, but their significant others, friends, and family have also shown great encouragement and understanding. Without our ostomies, some of us would not be here today, so we think it is only suitable to celebrate the life we have been given because of our ostomies and the friendships we have made along the way.



We will be celebrating our anniversary on September 24th, 2011 from 3:00-7:00 pm at the Fredericton Legion on Queen Street. There will be many festivities to enjoy including dinner, special guests, and great entertainment! If you have received an invitation please remember that we need to know if you will be joining us by September 1st. Your RSVP can be sent either to [erino@nb.sympatico.ca](mailto:erino@nb.sympatico.ca) or (506) 459-6781.

## From Our Last Meeting

**Attendance:** 24

**Calls to helpline:** 4 for a total of 2055

**Hospital visits:** 5

**Guest speaker:** Nicole Gionnette, representative from Coloplast.

**Current paid members:** 61

A good time of discussion was had, followed by yummy refreshments!

### Announcements

Unfortunately, our current treasurer will be stepping down from the position this Fall, so we are looking for a volunteer who would kindly take his place!

Also, the positions of President and Vice President are in need of people as well. So if anyone would be willing fill these, it would be greatly appreciated by our Chapter.  
Thanks!

# From the Editor

Hello everyone! I am your new ostomy newsletter editor. I have been looking for more ways to get involved in my Chapter and am excited to take on such a fun role. I know it may be challenging at times, but I think this will be a really great learning experience and a way to get my creative juices flowing. I want to say thank you to Judy and Ron Steeves for giving me inspiration for the newsletter throughout the years; they have truly done an amazing job!

Since some of you may not know exactly who I am, let me introduce myself. My name is Erin Oliver and I live here in Fredericton. I am 23 years old and I just graduated with my Bachelor of Education. Teaching

has always been a great passion of mine, so I am excited to see where this career takes me. I have Crohn's Disease and have also had an ileostomy for 14 years now, but have never let it run my life. I do anything and everything that I would do if I did not have one! I was also on tube feedings since the age of six until just a few weeks ago when I finally had the feeding button in my stomach removed. I must say I am ecstatic to finally be able to eat and get some nutritional value out of the food! One thing I know for sure is that the ostomy association has truly been a huge help in my journey with an ostomy, especially the youth camp in Alberta!

Anyway, I know that this news-

letter is just another exciting step within my journey, and hope that it finds everyone in great spirits and having a wonderful end to their summer. This newsletter is going to be a test run, and I am going to rely on all of you to give me any feedback or ideas that you have for future issues. Thanks so much for your support everyone, and I look forward to seeing you at the next ostomy meeting!

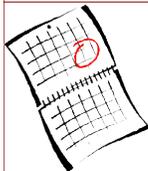
Erin Oliver



## Reasons Why It's Great to Have an Ostomy!



1. You are alive and well.
  2. You can use the bathroom on the go!
  3. Going to the bathroom on a camping trip is not a problem anymore!
  4. No one can tell you you're "anal retentive."
  5. You don't get haemorrhoids.
  6. Filthy public toilets? No problem! You don't have to sit on the seat to empty anyway!
  7. You can say "yes, I have guts—I've seen them!"
  8. You can freak your doctor out by drinking blue Gatorade before a visit! (It really turns your poop greenish-blue!)
  9. If there is suddenly a 'certain' smell in the room, you can confidently say "it wasn't me!" (unless of course you've had a leakage...)
  10. You can buy cheap toilet paper and it won't matter.
  11. If you join a space program you will be way ahead of the class in the waste storage department!
  12. A pouched stoma is a nice hand warmer on a cold day.
  13. If you are ever lost at sea you can fill your pouch with air and use it as a floatation device.
- Adapted from <http://www.ostomates.org/humour.html>



### Mark your calendar!

**What:** Our next official meeting will be October 18th, 2011.

**When:** 7:00 pm

**Where:** The Stan Cassidy Rehab Center (SCRC)

**Why:** To enjoy the great company of fellow ostomates in a relaxed setting, have your questions answered,

offer advice, and have excellent refreshments!

**Who:** Yourself, your significant other, your parents, your children, other family members, or even your friends!

\*Enjoy our upcoming meetings November 15th!

There is also **free parking** in the SCRC parking lot for those attending the meeting. Proceed up the SCRC driveway until you reach the gate. Advise them that you are attending the meeting and park opposite the theatre entrance.



Those with handicap place cards may park right in front of the SCRC.

# Ode to the ET Nurse

Your ET nurse is your best friend,  
She treats you right from end to end.

Always the teacher, forever the nurse,  
She helps you get better, never worse!

If bowel or bladder, her care's the same,  
Your stoma's welfare tops her aim,

To have it flow when it should flow,  
And keep its healthy rosebud glow.

She gets you right back on your feet,  
She goads, cajoles you, always sweet.

While all the while she teaches you  
That life's worthwhile to start anew.

"The stoma means a new beginning."  
She tells you, "Now's the time for win-  
ning,

and rush to join the joyous throng  
that celebrates life's happy song."

"Visit," she says, "Go tell your story."  
Please keep it simple and save the  
glory,

To help the patients gather hope,  
and find new ways to help them cope.

But goes your stoma on the blink,  
The nurse is there, quick as a wink,  
To poke it , soak it, daub it with goo,  
And when she is done, your stoma's  
like new.

To sum it all up, a friend indeed,  
A shining light in a time of need,  
The ET nurse takes care of you,  
As only your very own mother would  
do.



**\*\* We want to say a special thank you to the most dedicated ostomy ET nurse in Fredericton, Kathy Eslinger.\*\***

Poem taken from From Stillwater-Ponca City (OK) *Ostomy Outlook* July 1999: <http://www.ostomyok.org/newsletter/news9907c.html>



For Breakfast!

## Applesauce Snack Cakes

### Recipes for the Healthy Eater!

- Vegetarian choice
- Higher-calorie choice
- Lower-fiber choice

Nutrients per serving:	
Calories	200
Fat	6g
Fiber	1g
Protein	2g
Carbs	34g

**Ingredients:**  
 ½ cup butter or marg.  
 1½ cups gran. surgar  
 2 eggs  
 1 tsp vanilla  
 2 cups flour  
 1 tbsp baking powder  
 1 tsp baking soda  
 1½ tsp ground cinnamon  
 1 tsp ground allspice  
 ½ tsp ground cloves  
 2 cups unsweetened ap-  
 plesauce

1. Preheat oven to 400°F (200°C)
2. Makes 16 muffin sized cakes. Grease or paper-line muffin tin.
3. In large bowl, cream butter and sugar. Beat eggs and vanilla until light and fluffy.
4. Sift together flour, baking powder, baking soda, and spices. Add creamed mixture and applesauce mixing well while adding.
5. Place into muffin cups and bake for approx. 20 minutes or until firm.

**IBD Tips:**

1. This recipe is suitable for a low residue diet.
2. Applesauce is known to thicken stool. For variety, use fruit-flavoured apple-sauce.
3. Butter provides a trace of lactose. Use margarine for a truly lactose-free version of this snack.

**Tip:** Make your own apple-sauce and freeze in 2 cup portions.

\*Recipes continued on page 4!\*

Ha ha, very funny...



Q. Why did the UC patient buy a refrigerator and a dishwasher before his ostomy surgery?

A. Because his doctor told him he would need to get some new appliances!

Q. What is an ostomate's favourite punctuation mark?

A. A semi-colon!

Fact: You know you've been an ostomate too long when you can strip your bed, change your bag, and put clean sheets on while still asleep and not waking up your significant other!



# From Our Chapter President

Dear Members & Friends:

Summer is here and I'm hoping you are enjoying it to the fullest.

This is the time of year that everyone seems to be the busiest with family gatherings, BBQ's, graduations, weddings, and travelling. I am pleased to say that we had a wonderful graduation with our daughter, your secretary, Erin graduating with her Bed. Congratulations to all graduates of our member's families!

August is right around the corner with the UOAC annual general meeting being held in Saskatoon along with a Chapter Information Session. There will be some new faces on the UOAC Board after the AGM and a report of the meeting will be given in our September meeting.

Time is flying right along towards our 35th anniversary celebrations for our Fredericton Chapter. It is hoped that there will be a good turnout for this special occasion. Judy Woods, the anniversary committee chair, is working diligently on this project and it sounds like a great time will be had by all who attend. A proclamation will be read by Mayor Woodside at the city council meeting on August 8th, and Erin Oliver and Kevin Bourque will be giving a brief

talk about our chapter and the UOAC organization. Invitations are included with this newsletter to the anniversary celebrations, so let us know by September 1st if you are attending.

Our next regular meeting will be Sept. 20th and it is hoped that you will attend! During the past few meetings, there has been a great time of discussion. Many members (new and old) have commented on how they enjoy this time as it is one of helping and learning from others. After all, this is what the UOAC is all about; supporting each other.

Enjoy the remainder of the summer and we are looking forward to seeing you in the fall!

Ferne Oliver

## Recipes Continued

For Supper!

### Turkey Apple Meatloaf

Lower calorie choice

Higher-protein choice

Lactose-free choice

Source of soluble fiber

Source of sodium

**Nutrients per serving:**

Calories	197
Fat	10g
Fiber	3g
Protein	17g
Carbs	11g

**Ingredients:**

- 2 cloves of garlic, minced
- 1 egg
- 1 tart apple (such as Mutsu or Granny Smith) finely chopped.
- 1 lb lean ground turkey
- ½ cup chopped onion
- ⅓ cup oat bran
- ⅓ cup ground flaxseed
- 3 tbsp yellow mustard
- 1 tbsp ketchup
- 1 tsp salt

1. Preheat oven to 350° F (180°C).
2. Makes 6 servings cooked in a 9x5 inc loaf pan, lightly greased.
3. In a bowl, combine all ingredients.
4. Bake in oven for 45-60 minutes or until meat thermometer registers and internal temp. of 175°F (80°C).

**If following a low-residue diet...**

Finely chop the onion and peel the apple.

**Tip:** Extra meatloaf can be sliced to use in sandwiches or frozen for another day.



**IBD Tips:**

1. Oat bran and apple provide soluble fiber. Peeling an apple helps reduce the insoluble fiber. Many individuals with IBD tolerate cooked apple better than raw.
2. Oat bran's "gelling" properties help to form loose stool. Because of this desirable effect, many low-residue diets include oats and oat products despite the

- increased fiber content.
- 3. Lean ground turkey is lower in fat than other varieties of meat.
- 4. The added salt, ketchup, and mustard supply sodium.

\*All recipes taken from Mount Sinai Hospital's *Crohn's & Colitis Diet Guide* by Dr. A. Hillary Steinhart and Julie Cepo.

**Q.** What modifications to my diet can I make to improve stool consistency and reduce gas from my pelvic pouch?

**A.** In some instances, stool consistency, odour, and gas, can be modified by adjusting the diet. There are certain foods, such as cabbage, onions, and Brussels sprouts, that are sometimes advised against for patients who have undergone the pelvic pouch procedure. (Onions may be better tolerated by ileal pouch patients if they are finely chopped in preparing the dish.) But finding foods that agree and don't agree with you is often a matter of trial and error. For people with very loose or watery stools, supplementing the diet with a source of soluble fiber, such as psyllium, oat bran, or pectin, may be helpful. Anti-diarrheal medications such as Immodium can also be quite helpful.

- *Crohn's & Colitis Diet Guide*



Find us on Facebook! The UOAC ostomy group on Facebook is great for information, news on upcoming events, and helping others who might be new to the ostomy world! Find us here:

[http://www.facebook.com/home.php?sk=group\\_39109880405](http://www.facebook.com/home.php?sk=group_39109880405)

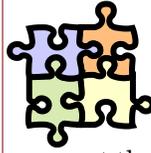
Or search "United Ostomy Association of Canada".

## Send it in!

Do you like to laugh? Tell stories? Inspire people? Tell jokes? Give tips? Well this is your time to shine! The newsletter is about to start some new segments and they are all about you the reader! Here's how. Now, you can send in:

Your most embarrassing moments.  
Inspirational stories.  
Jokes  
Tips  
Questions

All will be totally anonymous and can be about your ostomy, or something else you feel we would like to read about. Send to [erino90@gmail.com](mailto:erino90@gmail.com)



## Ostomy Meetings—What's in them for Me?

It is interesting that so many people have ostomies but yet they do not feel the need to join the monthly meetings that take place in their community. Numerous visits are done to new ostomates but many do not feel comfortable attending a group meeting or think that it is not necessary. The problem is, they have the wrong idea! The meetings held are useful for ostomates of one month to those who have been blessed with theirs for many years. The main purpose is to offer and seek support. This is not just a business meeting for seniors, it is a place to share stories, offer advice, ask questions, learn something, share an idea, and feel understood. We have nutritionists, ET nurses, doctors, and ostomy supply company representatives that come to inform and answer questions. But most important are the life-long friendships that are made and the feeling of relief when you leave the meeting knowing that you are not dealing with this on your own. So, when it comes time for the next meeting, drop in, show your support, and if you enjoy yourself, perhaps you will consider becoming a member!

For an annual membership fee of \$30, you will receive the Chapter newsletters and a subscription to the Ostomy Canada Magazine, while also supporting your Chapter. You can begin your membership by filling out and submitting the form at the end of the newsletter. For more information, call the helpline or email your inquiries to [erino@nb.sympatico.ca](mailto:erino@nb.sympatico.ca).

## And now, something we can all relate to...

### The Private Diary of Mike Durrett

I endured a long Tuesday, fasting in preparation for my colonoscopy. Kids, that's one of the perks of growing older. I'm up to anal probes and Subway sandwich discounts. A few more years, diapers and free beets.

My doctor assured me a colonoscopy is a normal part of a physical exam for people my age. He said it from the little smiley face drawn on his prostate-checking finger.--Oh, pardon me for not introducing you. He's Clutch Hangnail.

So, I abandoned food for 35 hours and drank enough water to flood my system and float a boat to see Popeye 'n' Swee'Pea and drink their water.

Then came the mystery cleansing goo, a grizzly, noxious concoction I guzzled down, evacuating everything from my digestive system, plus, maybe, a spine I kept in the back. It was such a pleasant experience, I serenaded the movements with verses of "Whistle While You Duode-num."

Yesterday, upon arriving at the hospital, I was ordered to strip to my socks and model a hospital gown tied in the back. I felt silly vogueing through the Gastrointestinal Lab. Naomi Campbell is looking old. Shortly thereafter, a nurse wheeled rumperrific me into the mostly darkened

procedure room. "Ahh," I said, "mood lighting." I was instructed to roll onto my side because the gala of festivities were about to commence. Thank God, there was no national anthem.

Ordinarily, I would've been highly embarrassed to expose myself to four strangers, three female, but I realized I was the only one in the room who did not choose a life of staring up folks. They went to school to do this! *It was an elective!* If anyone should've been embarrassed, it was the spelunkers.

After sedation, I went out like a light wearing no pants. The next I knew, I was no longer eligible for virgin sacrifice. It was over. The verdict? I'm healthy and still saving money at Subway. (Cheese, add 10¢). I don't recall, but my wife tells me the doctor said, "Everything looks fine, Mike. You're clean." Boyishly groggy, I whispered, "Inside and out?"

Bottom line: I never felt the intrusion or discomfort. And I'm still mad no one offered to sit in for me.

*Taken from Mikey's Colonoscopy Corner at <http://humor.about.com/library/humorboy/blog84.htm>*

## Upcoming Events:

**August 15-20, 2011:** The UOAC Ostomy Youth Camp will take place at Camp Horizon in Bragg Creek, Alberta.

**August 20-21, 2011:** UOAC Annual General Meeting and Chapter Information Session to be held in Saskatoon, Saskatchewan.

**September 24, 2011:** Fredericton and District 35th Anniversary Celebration!

**October 1, 2011:** Chapter Information Session in Halifax, Nova Scotia. All Chapter members are invited to attend this one-day



## UOAC Annual General Meeting and Chapter Information Session:

Join Saskatoon as they celebrate the wonderful world of ostomies! Check out these great sites and see just what you will be in for if you take part in the festivities!

The Saskatoon Ostomy Chapter website: <http://members.shaw.ca/saskatoonostomy/>

See the beautiful scenery and find out all the exciting things to do in Saskatoon at: <http://www.tourismsaskatoon.com/>

Here is the Tentative Schedule to keep you in the know:

Friday, Aug. 19:  
-DSS meeting 8am-5pm  
-Meet and Greet 7-10pm

Saturday, Aug. 20:  
-Chapter info. Sessions 8am-5pm  
-Evening banquet 7-10pm

Sunday, Aug. 21:  
-Annual General Meeting 8am-12pm  
-Board of Directors Meeting 1-6pm  
-Friends of Ostomates Worldwide Canada meeting 1:30-4pm

Monday, Aug. 22:  
-Board of Directors meeting 9am-6pm



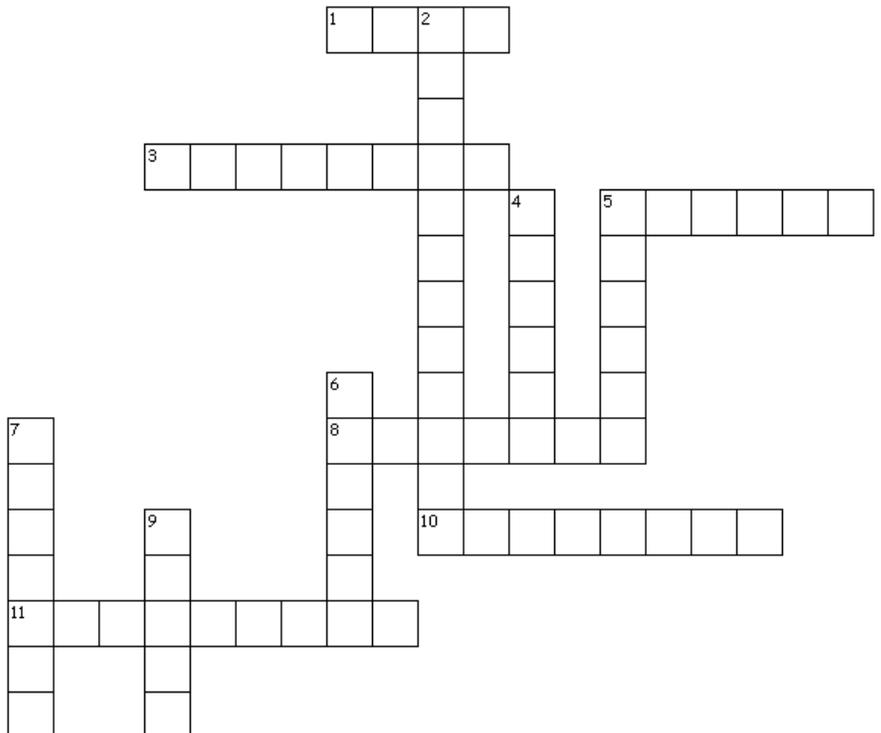
## Ostomy Time - Crossword Puzzle

### Across

1. one of the worst foods that most ostomates agree they could eat.
3. The new moldable technology does not require these.
5. You could not get by without the support of them.
8. She teaches you how to deal with your ostomy.
10. This famous Ed, was a tv host known for his great musical guests, but not known for his ostomy!
11. You get this when your entire large bowel is removed.

### Down

2. The one thing we need a volunteer to bring every month to the meetings.
4. With a special certification, an ostomate can do these to help new ostomates feel at ease.
5. The sticky part of the appliance sometimes called the wafer, is also known as a what?
6. Sometimes they leave this after ostomy surgery in hopes of someday reconnecting.
7. You attend one every third Tuesday of the month.
9. It squirts, makes noises, and is quite moist.



## Halifax Chapter Information Session (Cluster Meeting)

All Chapter members are invited to attend, be informed, inspired, and included!

**Where?** Ballroom Bethune Building  
1276 South Park Street  
Halifax, Nova Scotia B3H 2Y9

**Note:** No charge for parking. Just collect ticket on the way in and receive a voucher for free parking when you register at the meeting.

**When?** 8:30am-4:00pm Saturday, October 1st, 2011. Registration and meet and greet will start at 8:30am. The meeting will begin at 9:30am.

**Why?** To meet members of your national association Board of Directors, who will be in attendance, and members from other Atlantic region chapters. Find solutions to your concerns. See what's new with Hollister, Coloplast, and Convatec. Regional representatives will be in attendance to show their latest products and answer your questions.

**Who is invited?** All chapter members, leaders, potential new members (ostomates), ET's, nurses, representatives from manufacturers, local suppliers, and anyone who is interested in the United Ostomy Association of Canada.

## Laugh it up!

The following are actual unedited notes written by doctors on patient's medical charts.

- The patient has been depressed ever since she began seeing me in 1993.
- She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.
- Discharge status: Alive but without permission.
- The patient refused an autopsy.
- Patient's past medical history has been remarkably insignificant with only a forty pound weight gain in the past three days.
- Occasional, constant, infrequent headaches.
- The patient was to have a bowel resection. However, he took a job as a stockbroker instead.
- Patient has two teenage children, but no other abnormalities.
- Patient was released to outpatient department without dressing.

Here is how you can attend:

This meeting promises to be a very worthwhile experience. There will be an information packed agenda, no registration fee, and lunch will be provided.

Please let Judy Steeves know if you will be attending by September 12, 2011 by calling (506) 459-2343 or emailing [uoac@nbnet.nb.ca](mailto:uoac@nbnet.nb.ca)

You can also confirm your attendance by calling Ferne Oliver at (506) 454-0952 or emailing [erino@nb.sympatico.ca](mailto:erino@nb.sympatico.ca)

For those who wish to travel to Halifax Friday night, there are several hotels within walking distance to the meeting room. Here are three hotels that may be of service, but many others are also available.

Garden South Park Inn (across the street)

Phone: 1-902-422-6791 Email: [gardeninn.ns.ca](mailto:gardeninn.ns.ca)

Lord Nelson Hotel (one block away)

Phone: 1-902-423-6331 Email: [lordnelsonhotel.com](mailto:lordnelsonhotel.com)

Cambridge Suites (about a 10 minute walk)

Phone: 1-902-420-0555 Email: [cambridgesuiteshalifax.com](mailto:cambridgesuiteshalifax.com)

## In the same boat!

Check out these celebs that have/had ostomies!

- Dwight Eisenhower - Former US President
- Fred Astaire - Actor/dancer
- Barbara Barrie - Actress
- Rolf Benirschke - Professional football player/game show host/Convatec spokesperson
- Napoleon Bonaparte - World leader and military conqueror
- Marvin Bush - Financial advisor and son of US President
- Al Geiberger - Professional golfer
- Bob Hope - Entertainer/comedian/actor
- Tip O' Neil - US Speaker of the House and Ambassador to Ireland
- William Powell - Actor
- The Queen Mother - British Royal
- Red Skelton - Comedian
- Ed Sullivan - TV Host
- Ann Sothern - Actress
- Loretta Young - Actress



"Yes! That was very loud Mr. Trainer, but I said I wanted to hear your HEART!"

*A laugh is a smile  
that bursts!*

-Mary H. Waldrip

**Crossword Answers:**  
Across: 1 corn, 2 refreshments, 3 scissors, 5 family, 8 nurse, 10 Sullivan, 11 ileostomy  
Down: 1 stomach, 4 visits, 5 flange, 6 rectum, 7 meeting, 9 stoma

# Thank you!

This newsletter is made possible through the advertising revenue of sponsors such as “SHOPPERS”HOME HEALTH CARE, and we thank SHOPPERS for their continued support.

**SHOPPERS**  
HomeHealthCare



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Fredericton, NB  
E3B 6H5  
1-506-459-8888-4-5  
1-800-561-4088-4-5**

**Remember to show your Ostomy Association Membership card for your 10% discount on all ostomy supplies.**

**Home Health Care Hours  
Monday to Friday 9am-9pm  
Saturday 9am-5pm  
Sunday & Holidays 12pm-5pm**



**WE'RE HERE TO SERVE YOUR OSTOMY & HEALTH NEEDS; we also maintain a free mini-library to answer all your ostomy related questions.**

# Membership Application - United Ostomy Assoc of Canada & Fredericton & District Chapter

**Membership** includes annual subscription to chapter newsletter and the official UOAC publication, "Ostomy Canada". The following information is kept strictly CONFIDENTIAL. Membership is open to ostomates and non-ostomates.

New Member     Renewal     Change of Address

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. No. \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone (s) \_\_\_\_\_

Birth (day/mo/yr) / /    Occupation \_\_\_\_\_

Please check all that apply:

Colostomy     Ileostomy     Urinary Diversion

Continent Ileostomy     Continent Urostomy     Ileoanal

Other (Specify) \_\_\_\_\_

Spouse/Family Member \_\_\_\_\_ M.D., E.T., Supplier, Etc.

Enclosed are my annual membership dues of **\$30.00**

Donation (tax deductible)\$ \_\_\_\_\_ (Registered Tax # 077568-11).

I am unable to pay at this time but would like to be a member.

**Make cheque payable to UOAC Fredericton Chapter and mail to:**

**Mr. Donald Savoie, Treasurer**  
**UOAC Fredericton & District Chapter Inc.**  
**120 Burpee Street**  
**Fredericton, N.B.**  
**E3A 1M5**